

Westover Pool Winter Schedule

Pool Information

Open swim and lap swim hours 7 days a week. Check website for details.

Daily Admission Fee

Infant (<18 months) Free

Children (under age 18) City Res \$2/ Non Res \$3

Adult City Res \$3/ Non Res \$5

POOL SWIM PASSES

WINTER SWIM PASSES Sep 17 2012 – May 3 2013 Individual Pass: City Res \$70/Non-Res \$90 Family Pass: City Res \$160/Non-Res \$200	ANNUAL SWIM PASSES Valid for one year after date purchased Individual Pass: City Res \$85/ Non-Res \$105 Family Pass: City Res \$190/ Non-Res \$240 <u>COMBO GYM/SWIM PASS</u> City Res \$105/ Non-Res \$150
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Kid's Swimming Lessons

Students must be tested for their appropriate swim level prior to registering for a swim class, unless they have successfully completed a swim lesson course at this facility since December 2012. Registration and testing for swim classes will begin at the pool office starting Wednesday Jan. 2 2013 for City Residents and Thursday Jan. 3 2013 for Non-Residents. Registration will continue until 7:00pm the day before the first day of the class or until the class is filled, whichever occurs first. If the student cannot attend one of these testing dates, please call during normal operating hours to have your child tested. Upon successfully completing a swim test, you may sign up your child for the appropriate swim class. Feel free to call us with any questions at (540) 434-0571.

Preschool lessons are taught to children ages 3-5. All children 6 years or older will be placed in Levels 1-4.

Fees:

Preschool: City Res \$20/ Non Res \$24

Levels 1-4: City Res \$25/ Non Res \$30

P r e s c h o o l

Tadpoles – Preschool 1

The goal of Tadpoles is to teach fun in the water. This class is geared for children with little to no “in water” experience. Tadpoles will learn to enter the water safely and become familiar with elementary aquatic skills.

111100-A1 Sat

Feb 2 – Apr 6

9:00 - 9:30am

Guppies – Preschool 2

The goal of Guppies is to build on skills learned in Tadpoles. Children take part in guided practice sessions to learn water skills including water entries, front kicking, back floating, underwater exploration and more.

111100-B1 Sat

Feb 2 – Apr 6

9:30 - 10:00am



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Goldfish – LEVEL 1

The goals of Goldfish are to help students feel comfortable in the water, to enjoy the water safely, and to begin introducing basic aquatic skills. Guppies will work to master the following skills; floating, walking in chest deep water, and swimming on front.

<u>111101-A1 Mon/ Wed</u>	<u>Mar 4 – Apr 3</u>	<u>4:00 - 4:50pm</u>
<u>111101-B2 Sat</u>	<u>Feb 2 – Apr 6</u>	<u>10:00 - 10:50am</u>

Tigerfish – LEVEL 2

The goals of Tigerfish are to combine basic swimming skills to form defined strokes. Students will focus on developing the ability to properly swim the Front Crawl and Back Crawl for a minimum of 25 yards.

<u>111102-A1 Mon/ Wed</u>	<u>Mar 4 – Apr 3</u>	<u>5:00 - 5:50pm</u>
<u>111102-B2 Sat</u>	<u>Feb 2 – Apr 6</u>	<u>10:00 - 10:50am</u>

Dolphin – LEVEL 3

The goals of Dolphins is to fully develop the Breaststroke, Sidestroke, Elementary Backstroke, to continue increase the student's swimming endurance, and to begin learning to dive safely.

<u>111103-A1 Tues/ Thu</u>	<u>Mar 5 – Apr 4</u>	<u>4:00 - 4:50pm</u>
<u>111103-B2 Sat</u>	<u>Feb 2 – Apr 6</u>	<u>11:00 - 11:50am</u>

Swordfish – LEVEL 4

The goals of Swordfish are to develop strong confidence in the strokes learned thus far, including: Front Crawl, Back Crawl, Breaststroke, Sidestroke, and the Elementary Backstroke. Students will further develop the Butterfly stroke, learn to dive, and improve upon other aquatic skills.

<u>111104-A1 Tues/ Thu</u>	<u>Mar 5 – Apr 4</u>	<u>5:00 - 5:50pm</u>
<u>111104-B1 Sat</u>	<u>Feb 2 – Apr 6</u>	<u>11:00 - 11:50am</u>

Parent and Child Swimming Lessons

Parent and child swimming lessons are open to children 6 months to 3 years old with a parent. These lessons will be about introducing children to swimming in a fun environment with their parent in the water with them. There will be singing, lots of games, and plenty of water toys.

City Res \$40 / Non-Res \$50

<u>131105-A1 Mon</u>	<u>Jan 14 – Feb 18</u>	<u>5:00 - 5:50pm</u>
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50 and Wiser Aqua Aerobics

The performance of aerobic exercise and resistance training in chest deep to shallow water. Beginners are welcome!

City Res \$35 / Non-Res \$42

<u>140508-A1 Mon/Wed</u>	<u>Jan 14 – Feb 6</u>	<u>9:30 - 10:30am</u>
<u>140508-A2 Mon/Wed</u>	<u>Feb 11– Mar 6</u>	<u>9:30 - 10:30am</u>

